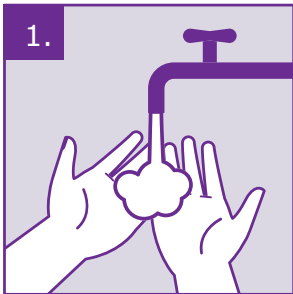
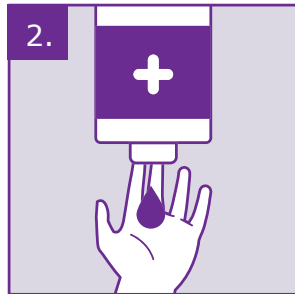


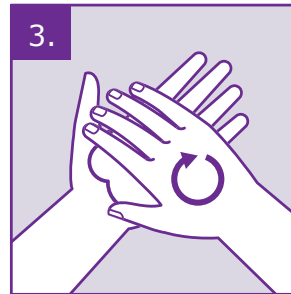
WASHING YOUR HANDS



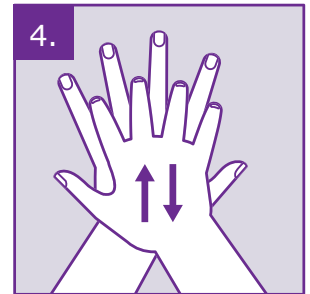
1. Wet your hands



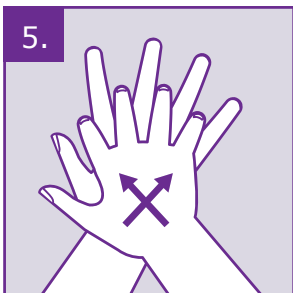
2. Apply enough soap



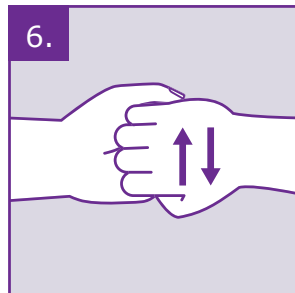
3. Rub hands palm to palm



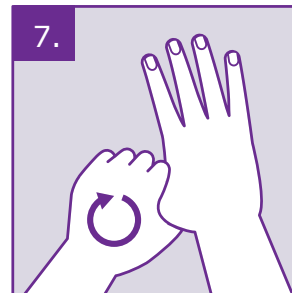
4. Lather the back of your hands



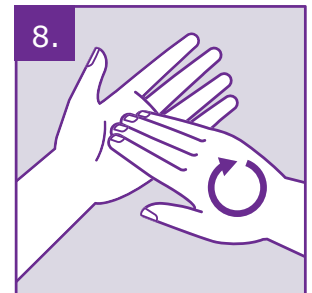
5. Scrub between your fingers



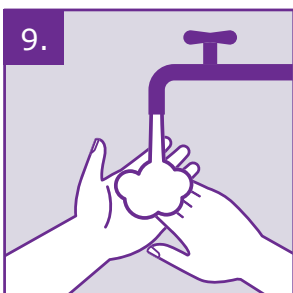
6. Rub the backs of fingers on the opposing palms



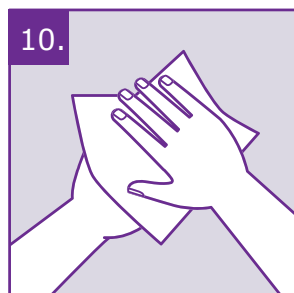
7. Clean thumbs



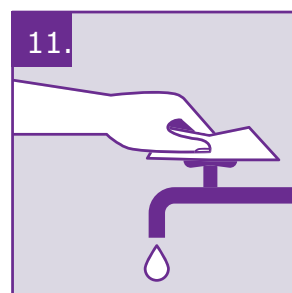
8. Wash fingernails and fingertips



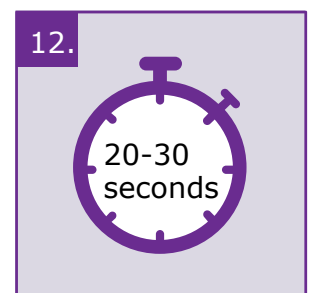
9. Rinse hands



10. Dry with a disposable towel



11. Use the towel to close the tap



12. Washing your hands should take 20-30 seconds.